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German very well. It is entirely in German, and gives the pronunciation of the accent-bearing vowels. Every possible idiomatic usage of a word is quoted. When this dictionary is complete it will prove to be one of the most useful books not only for teachers of German whose native tongue is English but also for the native Germans themselves.

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*Physiology and Hygiene for Secondary Schools.* By FRANCIS M. WALTERS. Boston: D. C. Heath & Co., 1909. Pp. viii+424.

This book is a good elementary text on physiology. It covers a wide range of topics, treated in most cases with considerable detail. The author has succeeded well in his purpose of presenting the elementary principles of physiologic science independently of their relation to the everyday experiences of young people. He defends this method in the preface as follows: "Too much latitude has been taken in the past in the use of comparisons and illustrations drawn from 'everyday life.' To teach that the body is a 'house,' 'machine,' or 'city,' that the nerves carry messages'; that the purpose of oxygen is to 'burn up waste,' that breathing is to 'purify the blood,' etc., may give the pupil phrases that he can readily repeat, but teaching of this kind does not give him correct ideas of his body."

If the main object in teaching physiology in the schools were to convey concrete and detailed information of the structure and function of the body and its organs, then the plan of this book would be excellent; but it is far more important that children should learn the essential facts of personal and community hygiene in a way that will result in the forming of health habits and intelligent co-operation in all matters related to community health. The latter result is best secured by placing the emphasis upon hygienic living as related to everyday life, instead of devoting most of the time to the details of physiology. Teachers who desire to place the emphasis upon physiology will find this book well adapted to their needs. A summary and description of practical experiments at the end of each chapter will prove helpful. The experiments described are, in general, practical and instructive although in some cases the results would be of doubtful value, as, for instance, the apparatus for measuring "forward" chest expansion, Fig. 51, p. 102, and the measuring of "tidal" air as described on p. 103.

The important questions of the effects of alcohol and tobacco are not treated adequately.

*The Body at Work.* By FRANCES GULICK JEWETT. "The Gulick Hygiene Series," Book IV. Boston: Ginn & Co., 1909. Pp. 247. \$0.50.

The fourth volume of this admirable series of school texts on physiology and hygiene maintains the high standard set by the other volumes. In the preface Dr. Gulick describes the purpose of this book in the following words: "The fourth volume, *The Body at Work*, which is intended for the seventh grade, covers somewhat in detail the subjects ordinarily covered in the standard

physiologies, but the emphasis is laid on the training of the body for efficiency. Thus much is said concerning the importance of good posture and how to secure it; how one trains the muscles of the body that they may be efficient, enduring and strong; the nature and characteristics of useful exercise; how digestion is most efficiently carried on. The whole point of view concerns the training of the individual to most efficient conduct. It relates particularly to the large physiological functions of digestion, circulation, nutrition, and respiration."

The particular merits of this book are: (a) the care of health is made practical and interesting by relating it to the everyday life of the child; (b) the hygienic habits recommended are based on authoritative scientific observations and not on the extravagant claims of theorists; (c) the emphasis is placed on the forming of wholesome habits of bodily conduct rather than mere facts of anatomy and physiology; (d) there is adequate and scientific treatment of the effects of alcohol upon growth, and the subject of physical education.

Those who are anxious for radical improvement in the teaching of hygiene to school children will welcome this volume and the whole series to which it belongs.

*Primer of Sanitation.* By JOHN W. RITCHIE. Yonkers-on-Hudson, N. Y.: World Book Co., 1909. Pp. vi+200. \$0.50.

Ten years ago a primer on sanitation would have been received with little favor by school principals and superintendents. Today the widespread interest in all matters pertaining to health and the prevention of disease is creating a demand for instruction in these subjects. The reason for giving such instruction in the schools is well stated in the preface of this volume: "The most effective way of reaching the present generation of Americans is through their children, and our country can hope to shake off completely the burden of preventable disease only when a generation of American citizens has been systematically instructed in the principles of sanitation."

The chapter-headings show the wide range of topics covered: I. "Why the Study of Disease Germs is Important"; II. "The Cells of the Body"; III. "Disease Germs and How They Get into the Body"; IV. "The Struggle between the Body and the Germs"; V. "Bacteria"; VI. "The Skin"; VII. "The Pus-forming Bacteria"; VIII. "Tetanus (Lockjaw)"; IX. "The Air-Passages and the Lungs"; X. "Diphtheria"; XI. "Pneumonia"; XII. "Influenza, Whooping-Cough, and Colds"; XIII. "Tuberculosis"; XIV. "The Treatment of Consumption"; XV. "Disease Germs in Dust"; XVI. "The Alimentary Canal"; XVII. "Typhoid Fever"; XVIII. "Diseases Caused by Relatives of the Typhoid Germ"; XIX. "Other Bacterial Diseases of the Intestines"; XX. "Disease Germs in Water"; XXI. "Other Bacterial Diseases"; XXII. "Protozoa"; XXIII. "Malaria Fever and Yellow Fever"; XXIV. "Mosquitoes"; XXV. "Smallpox"; XXVI. "Other Protozoan Diseases"; XXVII. "Intestinal Worms"; XXVIII. "The Importance of Sanitation"; XXIX. "The Housefly"; XX. "Disease Germs in Food"; XXXI. "Disinfection"; XXXII. "Unhygienic Habits"; XXXIII. "Public Sanitation"; XXXIV. "What Governments Can Do to Preserve Public Health"; XXXV. "Practical Sanitation."

The treatment is thoroughly scientific, and the essential facts of the various